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MEMORIES OF MAGGIE

Then Canadian Prime Minister Brian Mulroney welcomes Margaret Thatcher to the Economic Summit at Toronto City Hall in this June 19, 1988, photo. The former British prime minister died of a stroke on Monday, at the age of 87. See story on page 4. THE CANADIAN PRESS FILE

Downtown sees downward trend in violent crime

'Cautiously optimistic.'
Strategy paying off,
police brass says



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Downtown Winnipeg is on a downward trend when it comes to violent crime, police officials told a city committee on Monday.

A contingent of police brass presented a nine-month progress report on the Violent Crime Reduction Strategy (VCRS) to members of the protection and community services committee at city hall.

Officials said they can conclude the strategy has been effective based on the 2012 statistics included in the report, such as a 14.5 per cent

reduction of violent crimes in the Portage Avenue district over 2011, and a 21.3 per cent reduction in violent crimes perpetrated by strangers in the same district and time period.

Following the meeting, Staff Sgt. Max Waddell, who oversees the street crimes unit, said the police's "intelligence-led and evidence-based" strategy is used in identifying hotspots.

"That's how crime operates, it moves, if we come into one area, typically it's forced to another area, so it's almost

like we're always chasing it," he said.

"We only implemented this strategy in March of 2012 and we're moving towards combating this violent crime."

While he doesn't have the hard numbers, Waddell said this downward trend has continued in the first three months of 2013.

Waddell said the VCRS takes into account the "broken windows" theory of policing, in which areas falling into decay with vandalism and graffiti are targeted for intense police activity.

By the numbers

14.5%

Reduction of violent crimes in the Portage Avenue district over 2011.

21.3%

Reduction in violent crimes by strangers in the Portage Avenue district over 2011.

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Spat over downtown cadet program intensifies

Fighting words. City says Downtown BIZ needs to pay up or funding to program might be cut

 **BERNICE PONTANILLA**
bernice.pontanilla@metronews.ca

Honour your commitment or pay up elsewhere was the warning issued to Winnipeg's Downtown BIZ by the chair of the protection and community services committee.

On Monday, Coun. Scott Fielding (St. James-Brooklands) said the BIZ may see the amount of funding it receives from levies reduced if it doesn't pony up the \$100,000 towards the Downtown Cadet Patrol Program.

"It was made and it seems that they're not fulfilling that commitment," said Fielding during the meeting, adding the BIZ did make its first quarterly payment for 2013, however, it's April and the second payment is now pending.

The BIZ and the city have been negotiating a formal funding agreement since Janu-

ary for the program, which until last year was known as the BIZ's Downtown Outreach program before police cadets took over the duties.

"There is an ability, obviously, to withhold part of the money that is given to the BIZ," said Fielding.

"We don't want to go there right now, we hope that they're going to fulfill their commitment of \$100,000, which was made in public over a couple years ago."

The members of the protection and community services voted to lay over the matter for 30 days.

Deputy police chief Art Stannard said the lack of payment doesn't mean the program stops, in fact it's business as usual, and negotiations with Downtown BIZ continue.

A request for comment from Downtown BIZ executive director Stefano Grande was not responded to by press time.

The BIZ's Outreach program began in 2006 and officially wound down this past October. In that time, BIZ officials said more than 12,000 indigent individuals were helped off the street and connected with social service providers.



Mr. Jetz TV sues police for 'serious defamation'



The Winnipeg man who calls himself Mr. Jetz TV wants \$10-million and an apology from the Winnipeg Police Service and chief Devon Clunis, accusing them of "slanderizing" him in court documents filed after he was charged with several child porn and child-prostitution related charges over the last year.

In a statement of claim filed

in the Court of Queen's Bench April 4, Darrell Ackman, 43, said the WPS "have caused ridicule, hatred" against him by "making false reports to newspaper publications and broadcasters."

The plaintiff has been described in many publications and broadcasts with the use of hateful words used in a negative sexual tone or nature to destroy the plaintiff's reputation

beyond repair," said Ackman in the handwritten statement, claiming later he fears for his safety as a result.

In the statement Ackman also complains a WPS officer called him a "pedophile" during a phone conversation in late February.

Ackman was charged last July with living off the avails of prostitution for allegedly pimping underage girls through an

escort service, and additional charges, including making child porn and sexual assault were added later, following a raid at a Winnipeg home.

In January police again arrested Ackman and added new child pornography charges as a result of an on-going investigation by members of the police's vice and ICE (Internet Child Exploitation) units. The WPS declined comment Monday. METRO

Hollywood Limousine

Winnipeg Airport Authority picks its limo company

The Winnipeg Airport Authority has picked Hollywood Limousine Service Inc. as the only company that will be picking up on-demand customers in sedans or limos at Winnipeg Richardson Inter-

national Airport.

The move comes after a number of Winnipeg limousine companies protested the WAA's plan to not renew their contract and instead only allow one company to get the work.

The WAA told Metro on Friday they want to standardize the service after receiving complaints about the on-demand service.

"Our goal is to provide

passengers at the airport with an exceptional customer experience for the duration of their trip, including their ride to and from the airport," said Barry Rempel, WAA president and CEO in a release Monday.

Other limousine companies will still be allowed to get passengers at the airport who have pre-arranged a pick-up with them. METRO

North End

Woman flees early morning sexual assault attempt

Police are looking for a suspect after a woman was able to get away from a man who tried to sexually assault her on a North End street early Sunday.

A 26-year-old woman was walking near the corner

of Burrows Avenue and Aikins Street around 6:20 a.m. when an unknown man approached and began walking with her and asking questions. The then put his arms around the woman and tried to sexually assault her, but she was able to push him away and flee the area.

The suspect is roughly 18 years old and aboriginal with orange/blonde hair.

Anyone with information should call police. METRO

1
SMEW

Transit Tuesday



Weekly Transit News Update

SPRING SCHEDULE STARTS APRIL 14

Winter must finally be over because Winnipeg Transit's spring schedule goes into effect April 14 on the following routes:

- 11 Kildonan-Portage
- 16 Osborne-Selkirk
- 18 North Main-Corydon
- 19 Marion-Logan
- 21 Portage Express
- 22 Assiniboia Express
- 36 Northwest Super Express
- 42 Plessis Express
- 66 Grant
- 75 Crosstown East
- 160 Pembina
- 161 University Super Express

Transit service is adjusted four times per year to match seasonal changes in ridership.

GOING TO THE AIRPORT?

Winnipeg Transit provides convenient bus service to and from James Armstrong Richardson International Airport. The airport is serviced by the route 15 Sargent/Mountain and the 20 Academy/Watt. The bus terminal is located outside the south end of the airport.

WINNIPEG TRANSIT OFFERS REQUEST STOP SERVICE AFTER 7 P.M.

For your safety and convenience, Winnipeg Transit offers request stop service, which allows riders to get off the bus between regular stops. This service is available from 7 p.m. until the end of service. Just inform your operator at least one stop ahead of the requested stop, then exit at the front door only. Keep in mind the operator might not be able to accommodate your request due to road safety concerns.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?

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Canada remembers Britain's Iron Lady



Pierre Trudeau and Margaret Thatcher on Oct. 4, 1981. The first female British prime minister died of a stroke on Monday. THE CANADIAN PRESS FILE

Dead at 87.

Political patrons and opponents reflect on Britain's polarizing PM, Margaret Thatcher

Reaction

"As a politician I respected her. She was a fighter. I respect that a lot."

Former prime minister Jean Chrétien

which she served."

Liberal Bob Rae, while disowning Thatcher's politics, echoed that sentiment.

"Mrs. Thatcher served as British prime minister for more than a decade and in many ways defined conservative politics of her time," Rae said.

While the Conservative leader was the odd woman out on the right in the international scene when she came to power in 1979, she was soon joined by ideological cousins, including Ronald Reagan in Washington and Brian Mulroney in Ottawa.

"Like every great leader, with strong convictions and a bold vision, she made enemies. ... But in a series of visits to Canada she won many friends here," said Mulroney.

THE CANADIAN PRESS

Trial begins. Girls plead not guilty to running child prostitution ring

The youngest victim of a prostitution trafficking ring, then 13, believed she was heading to a sleepover with girls, not much older than herself, who she'd met online — but instead she was drugged, stripped, photographed and pimped out, the Crown alleges.

Crown lawyers began arguing their case Monday against three teenage girls, two aged 15 and one 16 when they allegedly ran a prostitution ring in Ottawa last year.

All three pleaded not guilty to 36 charges, including human trafficking, forcible confinement, assault, robbery and uttering threats. They are the first minors in Canada to be charged with human trafficking.

Two of the defendants face more charges, including three counts of making child pornography for allegedly taking photos of the victims and sending them to johns, as well as kidnapping, invitation to sexual touching and sexual assault.

The Youth Criminal Justice Act prevents the identification

Into their world

The first witness described the graffiti officers found in one of the accused girls' bedrooms, including phrases like "We say FK the police in my house," "Money make me come" and "Jiiiiizzzz" (slang for ejaculate) on the walls.

of both the accused and their alleged victims.

Crown lawyers Julien Landre and Fara Rupert said their case will be built on the testimony of victims; some of the pimps; witnesses whom the girls talked to; as well as Facebook conversations, tweets and photos taken from the phone of one of the accused.

According to the Crown, four girls were forced to perform sex acts, including oral and vaginal sex. Two other girls were beaten, stripped and photographed, the Crown alleges. JESSICA SMITH/METRO IN OTTAWA

Alysexa 28

Birth-control pills recalled for fear of extra placebos

The maker of the birth-control pill Alysexa 28 has issued an urgent recall after it was discovered that one lot of the contraceptive may have been incorrectly packaged with only two weeks of drug-containing tablets instead of three.

Women taking the incorrectly packaged pill would not receive the proper amount of contraceptive, raising the possibility of an unplanned pregnancy.

Apothex Inc. said the product's 28-day blister packs should include 21 active birth-control pills plus seven placebo tablets that contain no drug.

It said blister packs in the affected lot — LF01899A — may instead contain 14 placebo pills and 14 active tablets.

The drug is sold in B.C., New Brunswick, Newfoundland and Labrador, Nova Scotia, Ontario, P.E.I. and Quebec. THE CANADIAN PRESS

New York City

Cookie Monster hit with charges

A man dressed as the Cookie Monster has been accused of shoving a two-year-old in New York City's Times Square and has been charged with endangering the welfare of a child.

A criminal complaint says the man pushed the toddler after the family refused to pay \$2 for having taken a photo with him.

THE ASSOCIATED PRESS

Tennessee

4-year-old shoots woman dead

Authorities say a four-year-old boy grabbed a gun at a family cookout and accidentally shot and killed the wife of a Tennessee sheriff's deputy.

Investigators say the deputy was showing his weapons to a relative on Saturday when the toddler came in and picked up one of the guns.

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Federal policy enabled RBC outsourcing mess, immigration expert says

Foreign workers.

Firms are responding to incentives Ottawa created, lawyer notes

Observers say the controversy over the Royal Bank of Canada's decision to outsource dozens of Toronto jobs is part of an alarming trend bolstered by government policy.

Immigration law expert Audrey Macklin says the government encourages companies to employ temporary foreign workers either directly or indirectly by processing their immigration documents faster and by allowing companies to pay those workers up to 15 per cent less than Canadians.

She says a company like RBC is simply responding to incentives the government has created.

Human Resources Minis-

Contractor investigated

- The federal government is investigating iGate, the contractor being used by RBC to outsource dozens of Toronto jobs.
- A spokeswoman for Human Resources Minister Diane Finley says the investigation is based on discrepancies between public statements by RBC and information previously provided to the government by iGate.
- To obtain permits for temporary foreign workers, companies need to show a Canadian cannot be found to do the work.

ter Diane Finley has said the Temporary Foreign Worker Program is only to fill "acute labour needs" when Canadians aren't available for the work required.

But NDP Leader Tom Mulcair says the Conservative government has done nothing to stop a situation like RBC's, which he says is depriving Canadians of their livelihoods.

RBC has repeatedly said it did not hire foreign workers

to take over the job functions of current employees, but said it used the services of outside companies to improve "operational effectiveness."

Many Canadians have expressed outrage and even threatened to close their accounts upon learning that Canada's largest bank had outsourced the jobs of 45 Toronto employees to an external supplier.

THE CANADIAN PRESS



Putin just loves those topless trade missions

A topless demonstrator with messages written on her back walks toward Russian President Vladimir Putin, left, as he tours a trade fair in Hannover, Germany, with German Chancellor Angela Merkel on Monday. The trip underlines Russia's interest in developing foreign trade, including further business ties with Germany. JOCHEN LURKKE/DPA/THESAOCIATEDPRESS

One-day event

McDonald's to stage hiring blitz

McDonald's will hire more than 6,000 people on Thursday. Job seekers are being invited to apply in person at their local McDonald's. Those unable to apply in person can go to worksforme.ca to submit applications.

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Market Minute



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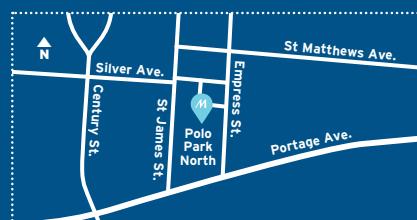
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SNAP, SEND, SEE IT DISAPPEAR

"I'm not using it for sexting!" I exclaimed as I snatched my iPhone back from my friend whose eyebrows were raised disbelievingly. I had just received a slew of notifications from Snapchat and felt the need to defend my decision to download an app known for promiscuous photo exchanges.

If you're not in high school, there's about an 80 per cent chance you've never even heard of Snapchat, so allow me to fill you in. The decidedly simple app allows users to transmit photos and videos that expire after a prescribed amount of time: between one and 10 seconds. Once a message has been viewed, it disappears from the user's phone and Snapchat's own company servers. The free app is a relatively inane form of time-wasting, but it's also strangely addictive.

Creators Evan Spiegel and Bobby Murphy originally designed the app as part of a class project at Stanford University. When presenting their idea, a venture capitalist sitting in on the class



SHE SAYS
Jessica Napier
metronews.ca

told Spiegel that the app could be interesting if he made the photos permanent. The tech-loving wunderkind and his partner ignored this advice and launched the self-destructing messaging service to the public in September 2011.

Available on iPhone and Android devices, the free app currently has more active users than Instagram, but isn't without its critics. Many have dismissed it as a way for bored teenagers to exchange risqué messages without getting caught by their parents. But while it's likely that many are using the service to transmit content of the not-so-clothed variety, it's important to note that the app is gaining traction and developing a substantial user base beyond the horny coed demographic. More than 100 million images and videos are sent through Snapchat every day and the

app is generating a lot of buzz — although no actual revenue as of yet.

As we become increasingly obsessed with documenting and

cataloguing our lives on social media, I can see the appeal behind a communication tool that operates on impermanence.

While most social networking platforms are highly self-conscious — requiring users to create their own carefully-curated persona to package and present to their friends and fans — Snapchat facilitates a more spontaneous and candid form of communication.

Its growing popularity is a reactionary response to the highly-processed and everlasting content on other social media platforms. Not everything we say and do should stick around forever and it's this desire for impermanent forms of expression that Spiegel and Murphy were able to tap into. Despite the opposition, the young developers — who have since received nearly \$14 million in venture funding — knew that the disappearing nature of the messaging service would be its ultimate appeal. So even though it might be known for facilitating evidence-free sexting, the app also offers a new way for all of us to avoid being haunted by a "digital trail" and communicate in a more uninhibited manner.

Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

Drones used to protect rhinos



ANUPAM NATH/THE ASSOCIATED PRESS

Cameras help spot poachers in Indian national park

Wildlife authorities used drones on Monday for aerial surveillance of a sprawling natural game park in northeastern India to protect the one-horned rhinoceros from armed poachers.

Security officers conducted flights of the

unmanned aircraft over the Kaziranga National Park. The drones will be flown at regular intervals to prevent rampant poaching in the park located in the remote Indian state of Assam.

The drones are equipped with cameras and will be monitored by security guards, who find it difficult to guard the 480-square kilometre reserve. THE ASSOCIATED PRESS

Park has largest number of one-horned rhinos in the world

- Poachers armed with automatic rifles killed 22 rhinos last year in the park, but have killed 16 rhinos already this year.
- Rhino horn is in great demand in China and Southeast Asia, where it is believed to have medicinal properties.
- In recent weeks, wildlife authorities in Assam have deployed 300 armed guards to protect the rhinos in Kaziranga, but they have been no match for organized gangs of poachers who have been managing to strike at the rhinos with increasing regularity.

shirts out at school. Suddenly the bullies who were making this young man's life miserable were surrounded by students in pink. They learned in no uncertain terms that the vast majority of kids were not going to accept their behaviour. Message sent. To me, the kindness, courage, compassion and creativity exhibited by this gesture is what being Canadian is all about.

Those kids stood up for someone who wasn't in a position to stand up for himself. They could not have any idea what they started. This past year, 8.1 million kids around the world wore pink on the International Day of Pink to send the same message. The Day of Pink, like the zipper, is a Canadian success story. Someone should get these kids the Order of Canada.

Kudos to Jer's Vision, an incredible organization of young people, for working so hard to make the Day of Pink an international success story.

I'm proud to support them and I look to them for solutions.

They are young, I am not, and they know what's going on in Canadian schools. Thankfully, I don't. I will take their lead. They want me to wear pink? I'm in.

So please folks, wear pink tomorrow, or at the very least, throw a red sock in your white laundry tonight.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

cataloguing our lives on social media, I can see the appeal behind a communication tool that operates on impermanence.

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Follow Jessica Napier on Twitter @MetroSheSays

New on RMR: I'm wearing pink to protest bullying



RICK MERCER
Guest columnist
readers@metronews.ca

Tomorrow I will wear pink. Full disclosure, I don't usually wear pink, I'm a black-and-white guy and even blue jeans are a stretch. That said, I am happy to make the exception if it means stating loud and clear that bullying, discrimination, homophobia and transphobia in schools and communities across Canada must end.

We all know that bullying can be fatal.

We've heard the tragic tales of kids like Jamie Hubley and Amanda Todd who ended their lives after being subjected to bullying at school. We hate to admit it, but we know that there are more kids out there today who are suffering in silence.

The Day of Pink is an important solution to this problem not only because it helps to raise awareness but because of where the entire idea came from.

When students in Nova Scotia saw a younger student being harassed because he was wearing pink, they decided to do something. They took it upon themselves to buy every pink shirt in town and they did it on their own dime. The next day they handed these



Hyde Park on Hudson

Director. Roger Michell

Stars. Bill Murray, Laura Linney, Olivia Williams

• • • •

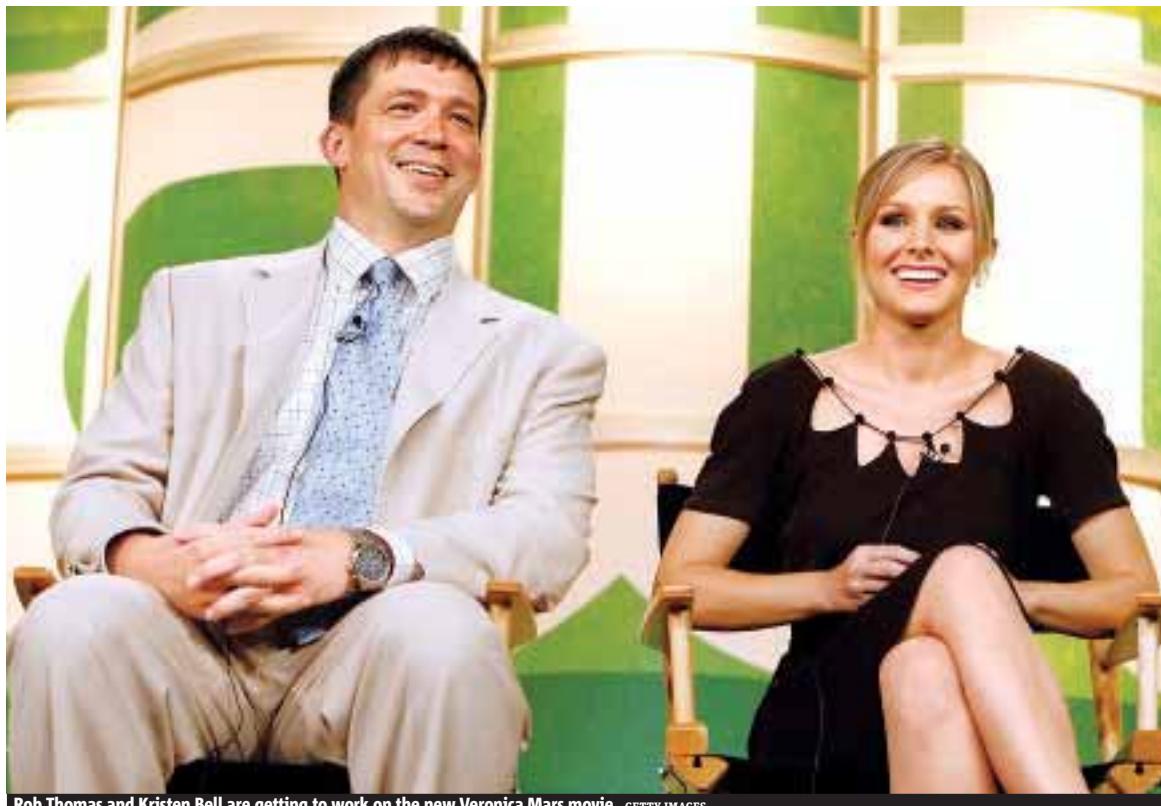
Bill Murray makes a charming Franklin Delano Roosevelt and Laura Linney a stoic mistress Daisy in *Hyde Park on Hudson*, a film split between history, gossip and whimsy. But they've both got their work cut out for them with the wafer-thin screenplay, which Richard Nelson adapted from his BBC radio play of the same name. Titled for FDR's upstate New York retreat, where America's longest-serving president took refuge — and rumoured sexual liaisons — as the Second World War threatened, Roger Michell's film struggles for definition as either daffy comedy or insider's view of history. Samuel West and Olivia Colman steal scenes as visiting King George VI and wife Queen Elizabeth (the future Queen Mum), befuddled by hot dogs and emboldened by booze during their 1939 visit with FDR, but *The King's Speech 2* this isn't.

Best of Warner Bros. 20 Film Collection: Romance

• • • •

Continuing its 90th anniversary celebration with a romance-themed boxed set, Warner Bros. also showcases the strong women who have enlivened the studio's classics. This collection spans decades, continents and temperaments: from the spiky southern belles of *Jezebel* — *Gone With the Wind*, *Annie Get Your Gun*, *Cat on a Hot Tin Roof* and *Splendor in the Grass* — to the northerly tempests of *The Philadelphia Story*, *Now, Voyager*, *A Streetcar Named Desire* and *Rebel Without a Cause*; to the foreign femmes and intrigues of *Casablanca*, *Mrs. Miniver* and *Doctor Zhivago*; to the modern women and wiles of *A Touch of Class*, *The Goodbye Girl*, *The Bodyguard*, *You've Got Mail* and *Two Weeks Notice*.

PETER HOWELL



Rob Thomas and Kristen Bell are getting to work on the new *Veronica Mars* movie. GETTY IMAGES

How to shoot for Mars with \$2 million

Kickstart cred.

Veronica Mars creator Rob Thomas lets Metro in on some of the details about the upcoming fan-funded film

MICHELLE CASTILLO

Metro World News in New York

Rob Thomas gave Metro World News some details about the upcoming *Veronica Mars* movie — which is scheduled for release in 2014 — and details about how the project came to be.

The initial goal of \$2 million seems small for a movie. Would it even be possible to make a *Veronica Mars* film with that budget?

When Kristen and I went into it, we sort of agreed that we would make the, she called it the "No fancy trailers" budget. She and her husband had just done that movie, *Hit and Run*, and I think they made it for

around \$2 million.

So that was part of the ethos of it.

Who is returning (besides Bell and Dohring)? Aren't they a little too old for high school or even college?

We're in negotiations with the other cast members, and I've spoken to all the other cast members. Absolutely people want to do it, and I'm building it around the 10-year high school reunion, so I'm planning on using the bulk of them but deals still have to be made.

(Kristen) is 28 as we pick up the movie. She has just got out of law school at Columbia and starting to interview for jobs in New York law firms.

Why do you think fans have responded to *Veronica Mars* so much?

The key to achieving the cult status is being able to hang on for a while. The fact that we started on UPN, and we were allowed to survive some not terrific numbers for a while was part of the equation because having done ABC, we'd only have

been on for two episodes and we would never have been allowed to grow into a cult status.

Seinfeld started out with an order of six on a death night, and they allowed that to build. It went beyond cult status. I think being somewhere where no one noticed, where you weren't expected to do good numbers or great numbers was key, and I think the character herself, Veronica, was a great fit for UPN.

When I first went in there to have a meeting, they told me the direction they wanted to take the network. They said, "We think we're going to skew young and female, and we're looking for female empowerment shows."

I had written *Veronica Mars* a year before on spec. I had just written it for myself because it was an idea I was inspired by. I told them, "Well, I have a script in a drawer at home about a very empowered teenage girl."

I taught high school, in particular I taught freshman English. I was the adviser of the yearbook. I hung out with a lot of teenage girls.

I had a lot of teenage girls' voices in my head. As a yearbook adviser, that's primarily who you're there after school with on worknights with. I think girls at that age are some of the most self-conscious people on the planet.

One of the things I thought about *Veronica Mars* is that if she had some superhero power it's that she's beyond self-consciousness — that her life had taken her down such a rocky road, and she'd come out the other side and it was a pretty tough girl. She could say those things that I think teenage girls often wished they could say or (were) bold enough to say in a make no apologies sort of way, and I think that connected with a UPN audience.

What about your other series *Party Down*? Will you be trying Kickstarter with that? We're down a path with that. We hope that will become a movie as well. We're not going the Kickstarter route. We're writing a script for an independent production company that we really respect. We hope for good news on that in the next year or so.



Lindsay Lohan ALL PHOTOS: GETTY IMAGES

Fest a 'recipe for disaster' for Lohan: Friend

Lindsay Lohan infamously scheduled her upcoming 90-day rehab stint to start next month so that she can hit up the Coachella music festival starting this weekend, but at least one friend thinks she should skip it.

"I fear for her life if she goes to the festival," Danish promoter Claus Hjelmbak tells Radar Online. "Lindsay is in a very dark place right now, and I'm absolutely scared for her life. Coachella

is the last place she needs to be. For someone struggling with addiction, like Lindsay, the amount of drugs and alcohol at Coachella is just a recipe for disaster waiting to happen."

The music festival takes place over two weekends in the desert near Palm Springs, with a packed schedule of famous bands set to perform, including the Red Hot Chili Peppers, Moby and the Airborne Toxic Event.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jay-Z and Beyoncé in hot water over their Havana nights



THE WORD

Dorothy Robinson
scene@metronews.ca

Jay-Z and Beyoncé Knowles may be in trouble for their lavish fifth wedding anniversary trip to Cuba last week, as it's raising eyebrows with a few Florida politicians, according to Reuters. "Despite the clear prohibition against tourism in Cuba (for U.S. citizens), numerous press reports described the couple's trip

as tourism, and the Castro regime touted it as such in its propaganda," Florida Representatives Ileana Ros-Lehtinen and Mara Dias-Balart say in a letter to the director of the Office of Foreign Assets Control. "We represent a community of many who have been deeply and personally harmed by the Castro regime's atrocities, including former political prisoners and families of murdered innocents."

A rep for Jay-Z and Beyoncé was unavailable for comment.

There is no word on how Jay-Z and Beyoncé were allowed to enter the country (travel for American citizens is very strict). My working theory? They are secretly Canadian.



Twitter



@ElizabethBanks

RIP Margaret Thatcher. A role model for women & young girls across the world. Also, my high school Halloween costume.



@samantharonson

Regardless of her politics — I grew up believing that I could be anything I wanted to be, even Prime Minister — lucky 4 you all I didn't.

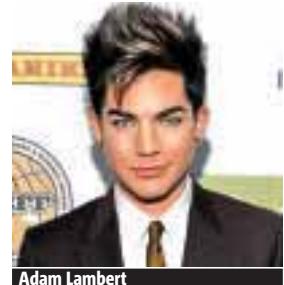


@pattonoswalt

"Karen Silkwood, Julia Child, and now Margaret Thatcher. The Streep Curse, man" — world's dumbest conspiracy theorist

Lambert splits from Finnish boyfriend

American Idol vet Adam Lambert is single again, having split up with boyfriend and Finnish Big Brother winner Sauli Koskinen, Lambert tells the South Florida Gay News. "It's been kind of on its way out in the last couple of months," Lambert says. "Sauli and I remain really good friends, and I know it's a cliché to say, but it's totally true," he adds.



Adam Lambert

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3 LIFE

How Beyoncé bid bye bye to her baby Blue weight

Fitness. Squats, shakes and nerves of steel — we look back on how the bootylicious singer got back into shape after giving birth to her daughter

ROMINA
MCGUINNESS
life@metronews.ca

We find out how she was sure to squeeze into her (super tight) stage clothes so quickly.

Pack it on, get it off

Beyoncé gained a total of 57 pounds throughout her pregnancy.

But with her first show scheduled just three short months after having her baby, she had to lose it all — and fast.

At the time, she was quoted as saying, "I'm definitely softer, but I feel my body bouncing back."

It did.

And it probably wasn't much fun.

"Y'all have no idea how hard I worked! I had to lose 60 pounds. They had me on that treadmill. I ate lettuce!" she confessed to her fans.

But her trainer, Marco Borges, explained how her slimmed-down frame was simply the result of proper nutrition, regular workouts and breastfeeding.



Beyoncé got back to her fighting weight for the upcoming world tour and her return to the world's stage. GETTY IMAGES

One year on, she's maintained a stable weight.

Proper nutrition — eat lean, eat green and stick to your plan

After initially shedding the extra pounds by sticking to a diet of vegetables,

fruit, nuts, seeds, grains and clean proteins, Life & Style reported that in order to make sure the weight didn't creep back on, Beyoncé has one vegan meal a day.

The eating plan was recommended by Borges, who believes that a meat and dairy-free meal is a great way to get, "people to eat more greens than they normally would."

And whenever she craves a crunchy snack, she ditches the chips and reaches out for something healthy like edamame beans, green apples or cucumbers sprinkled with vinegar, cayenne pepper and lemon.

Fierce discipline, explosive workouts

Fitting into tiny corsets and

Quote

"I'm not a person that is naturally very thin. I am a person that has to work at keeping my body in shape"

Beyoncé
Talking about how she got back into shape.

exposing your thighs in fishnet tights is a struggle for most women.

Yes, even Beyoncé. Opening up to Shape Magazine just weeks before the start of her world tour, the singer revealed how difficult keeping in shape can be.

"I'm not a person that is naturally very thin. I am a person that has to work at keeping my body in shape," she said.

But how does she manage to do that?

It's thanks to her drive, determination and dedication, Borges said, also to Shape.

"We do a combination of cardio, calisthenics, resistance exercises and yoga. Whether she's doing lunges, plies, reverse lunges or squats, she does 100 repetitions. When you do those sets, it is really an extension of your cardio, so you can sculpt muscles while building endurance. Beyoncé is really hardcore. She trains for 60 to 90 minutes, four to five days a week."

She sweat and she ate lettuce. But never once did she give up her boobs, her hips or her bum in favour of skin and bone.

She's a healthy, happy working mama.

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Roasted peppers, pine nuts, goat cheese make tasty trio



This recipe serves six. LORELLA VANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)



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her on Twitter @rosereisman

I can never make enough of this simple salad.

In restaurants, roasted peppers are often marinated in oil, which adds calories and fat. Here I use only one tablespoon of olive oil — and the results are outstanding.

Red, yellow, and orange bell peppers contain an abundance of beta carotene and antioxidants, which help in the fight against cancer.

1. Slice roasted peppers in

Ingredients

- 6 bell peppers of various colours, roasted
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- 1/4 cup crumbled goat

Nutritional info

Per serving: 88 calories; 2.7 g protein; 4.9 g fat; 1.3 g saturated fat; 8.3 carbohydrates; 20 mg sodium; 2.2 mg cholesterol; 2.5 fibre

thick slices; arrange on platter.

2. Whisk oil and vinegar together in small bowl. Drizzle mixture over peppers.

3. Sprinkle peppers with crumbled goat cheese, basil (or fresh parsley) and toasted pine nuts.

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Health Solutions

Rhubarb rights and wrongs



NUTRI-BITES
Theresa Albert
DHN, RNCN
myfriendinfo.com

Rosy red is the colour of spring; pick rhubarb while the cardinals sing.

Rhubarb is a wild vegetable that we treat culinarily as a fruit.

Not only is it loaded with B vitamins, if you go for the redder the stalks, there is more skin saving Vitamin A in your pie. To boot, this delicious delivery system of eye protection has everything your eyes are looking for: beta carotene, lutein and zeaxanthin.

Things NOT to do with rhubarb:

- Do not eat the leaves. They contain nutrient bind-

ing oxalic acid as well as poisonous glycosides.

- Do not ruin the low cal benefits by cooking with too much sugar; keep it tart.

- Do not store raw stalks at room temperature. Either store in fridge in plastic or chop and freeze immediately.

Here is the best cooking method to make a spread or pancake topping: Bring 1/4 cup orange juice to a boil; add 2 tablespoons of maple syrup, 1 tablespoon of sugar. Add 1.5 cups chopped rhubarb. Simmer until smooth.



Theresa Albert
IS A FOOD COMMUNI-
CATIONS SPECIALIST AND
PRIVATE NUTRITIONIST IN TO-
RONTO. SHE IS @THERESAALBERT
ON TWITTER AND FOUND DAILY AT
MYFRIENDINFO.COM

Survey says

U.S. women now twice as likely to live with a guy before marriage

Nearly half of young U.S. women say the first time they lived with a guy, they weren't married.

That's the finding of a government survey released Thursday.

The results are a marked change from 1995, when only 34 per cent said they moved in together. Now it's 48 per cent. Back then, 39 per cent said they married first, compared to 23 now.

Experts say the numbers show living together is increasingly used as a testing ground for marriage. About 40 per cent of the women who lived with a guy went on to marry him within three years.

The survey by the federal Centers for Disease Control and Prevention questioned more than 12,000 women younger than 45 from 2006 to 2010.

THE ASSOCIATED PRESS

Are healthy couples happier couples? Create a routine with your partner

NATALIE
LAVOY-FURTADO
2life.io

Getting in shape isn't always easy, but it helps when you have constant motivation from your partner.

"My boyfriend was a huge help in terms of introducing me to a fit lifestyle and keeping me motivated," says Bianca Del Bois of Burlington, Ont., who used to live an unhealthy lifestyle but is now a healthy fitness guru.

For most couples, it really helps if both parties are into a healthier lifestyle. "We do the same routines together, jog together and do some creative outdoor workouts," says Del Bois. Working out with your partner can be fun, but are healthier couples really happier couples?

"Without sounding biased, yes!" says Del Bois. "I've never been happier or healthier in a relationship before. We really motivate



Couples who sweat together stay together. ISTOCK IMAGES

each other to reach our full potential."

Now training to compete

for two bikini competitions in May and June, Del Bois is always changing her

diet and workout to keep it fresh.

It sounds easy but it has

been hard work.

She finds that the improvements in her lifestyle have made this all worth it. "Physically I've increased stamina during cardio sessions, much more muscle definition and toning and an overall healthy appearance," says Del Bois.

Now people are so amazed by her hard work transformation that they go to her for help to achieve their fitness goals, so what advice does she have for us?

The first steps to getting in shape would be to adjust your eating habits and just start with 30 to 45 minutes of physical activity a day, whether it's cardio, weight training, or even a Zumba class.

She also showcases her hard work, healthy recipes, and gives advice on her Facebook page, YouTube channel, and blog.

Go to 2life.io to learn about our exciting new app for two coming soon, follow us @2lifeapp on Twitter



Nasty T5 slip surprise? Don't panic



YOUR MONEY
Alison Griffiths
money@metronews.ca

A reader who owned 200 Kraft Foods shares received a nasty surprise when a T5 slip arrived showing nearly \$3,000 in U.S. dividend income.

Kraft Foods Group split into Kraft Foods and Mondelez International in October, 2012. Every 100 shares of Kraft turned into 100 of Mondelez and roughly 33 of Kraft. The Kraft shares are deemed to be a foreign dividend by the Canada Revenue Agency and taxed as ordinary income.

If you are in this situation, don't panic about suddenly having more income than expected.

"An election can be made under Section 86.1 of the Income Tax Act to exclude the deemed dividend from income," notes Winnipeg-based tax expert and author, Evelyn Jacks. "This election must be made in writing and sent to CRA."



Owning company shares can show as extra income on your T5. ISTOCK IMAGES

Indicate the number and cost base for the original Kraft Foods Inc. shares; and the shares received as a result of the spin-off. If you make

the election to exclude the dividends, then the cost base of the post spin-off shares is based on the cost base of the original Kraft Foods Inc.

shares. The cost base is allocated between the new shares according to the fair market value immediately after the spin-off." (Sign up for Jacks'

free tax newsletter knowledgebureau.com)

So far so good, but now we must establish a cost base for the shares to report when and

if they are sold.

Jacks comes to the rescue with a little math. Let's say the shares were purchased for \$20, \$4,000 in total for this reader. This is called the Average Cost Base, ACB. The Mondelez shares were trading at \$28 and the Kraft shares at \$45.42 per share, post spin-off. Therefore the 200 Mondelez shares were worth \$5,600 and the 66 Kraft Foods Group shares came to \$2,997.72 US.

Take that \$4,000 ACB and allocate it like this:

Mondelez: $\$4,000 \times \$5,600$ divided by $(\$5,600 + \$2,997.72)$ = $\$2,605.34$

Kraft: $\$4,000 \times \$2,997.72$ divided by $(\$5,600 + \$2,997.72)$ = $\$1,394.48$.

Those are the new ACBs for the shares. If you sell half the Mondelez and half the Kraft in the future, adjust the cost base accordingly to report the capital gain or loss on your taxes. Stick the formula, and a few notes, in your investment file so you can reconstruct what you've done down the road. Now go take a headache remedy.



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Genre/Speculative fiction is preferred. Only candidates selected will be contacted.

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www.c4litfest.com

Five warning signs of card payment fraud



Are you a business owner? Do your part to fight fraud! ISTOCK IMAGES

As more Canadian businesses begin to offer online shopping and online and mobile sales continue to grow, security experts point out that a few bad apples are also using the popularity of online shopping to scam merchants with stolen payment card information.

"The good news is business owners and their employees can play a crucial role in the fight against fraud and they already have the tools to recognize and stop online, mobile or phone purchases carried out with stolen card data," says Gord Jamieson, head of security for Visa Canada.

Jamieson notes that business owners can be at risk when a payment card is not physically present.

To help identify this type of fraud before it occurs, he recommends merchants watch for the following five warning signs when carrying out transactions without the payment card:

- **Multiple purchases made on a card with a single billing address, shipped to many different addresses**

This can indicate organized criminal activity.

- **Online transactions with multiple cards but a single IP address**

This may indicate a batch of stolen cards being run from the same computer.

- **Multiple transactions in close succession with very similar account numbers**

This may indicate account numbers that have been generated using illegal software.

According to Jamieson, merchants or employees who come across any of these warning signs should request additional information from the cardholder. **NEWS CANADA**

Olympics

PM pleads with NHL to let its stars play in Sochi

Prime Minister Stephen Harper is urging NHL commissioner Gary Bettman to let the league's stars play in the 2014 Sochi Olympics.

Harper says he speaks for all Canadians who want to see the country's top players don the Maple Leaf at the Winter Games.

NHL players have been part of the Olympics since 1998 in Nagano, Japan.

The league is mulling whether it is worth shutting down its season for a few weeks to let its players take part in the 2014 Games.

THE CANADIAN PRESS

NHL

Crosby not yet ready for return

Lacing on hockey skates is going to have to wait. At this point, Sidney Crosby would settle for a meal that didn't require a straw.

The Pittsburgh Penguins star and his surgically repaired mouth remain on a liquid diet as he recovers from a broken jaw sustained in a win over the New York Islanders on March 30. The NHL's leading scorer remains sidelined indefinitely and has not been cleared to return to practice.

Crosby expects to meet with doctors this week. "We'll see how it heals and it will be a process here the next little bit but I'm not too worried about the teeth," he said. "I'm worried about making sure I'm healed and hopefully that's sooner rather than later."

THE ASSOCIATED PRESS

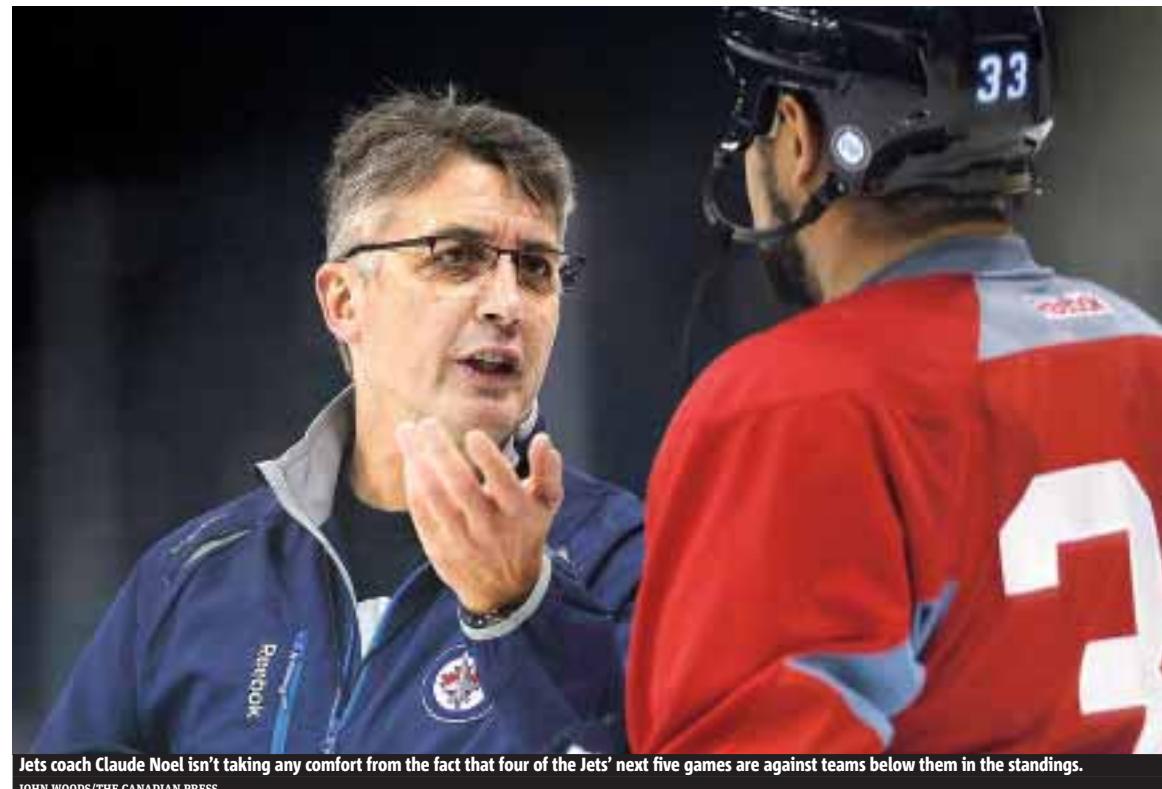
Women's hockey

It's Canada-U.S. for gold... again

Canada advanced to the final of the 2013 women's world championship with an 8-1 semifinal win over Russia on Monday.

Marie-Philip Poulin scored a pair of goals to lead the defending champions, who face the United States for the gold medal Tuesday.

The Canadian and American women will clash for world championship gold for a 15th time. Canada has won 10 world titles, but the U.S. has won three of the last four. THE CANADIAN PRESS



Jets coach Claude Noel isn't taking any comfort from the fact that four of the Jets' next five games are against teams below them in the standings.
JOHN WOODS/THE CANADIAN PRESS

Jets' top players expected to step up

NHL. With lighter schedule looming, Noel not letting players take opponents lightly

The Winnipeg Jets aren't taking any solace from the fact they play their next five games at home and only one team they face is above them in the standings.

"I don't think there's any comfort to it at all," coach Claude Noel said.

"I don't think that anybody stops or lets up or quits because they're below the line or way below the line."

The Jets play Buffalo on Tuesday, then Florida, Tampa Bay, Carolina and the N.Y. Islanders. Only New York is ahead of them in the Eastern Conference.

Winning is crucial now for the Jets' playoff hopes, with most of their conference rivals holding games in hand.

But a playoff spot is still in sight if they can put together a few repeats of Saturday's 4-1 home win over the Philadelphia Flyers.

Significant, perhaps, was

the way the team's top forwards shook off whatever had held them back during a long slump.

Their collective drought contributed to a five-game losing streak that ended only Saturday and cost the Jets what had once looked like a comfortable hold on top spot in the Southeast Division.

But they're now back dueling with the Washington

Capitals for the division lead and are also just below the line that could see them move into the eighth and final spot in the Eastern Conference.

Noel says there wasn't much he could do to help top forwards such as Blake Wheeler, Andrew Ladd and Evander Kane.

"You don't want to overcoach those situations," he said.

"I think the good thing was that we worked hard together and these things looked after themselves.... It worked itself out, which we knew it would anyway."

Kane, who picked up a goal and an assist on Saturday, agreed that for the Jets to win during this stretch, their top players have to produce.

"It's something we talked about going into these last nine games," he said.

"For us as a group, if we can get our top guys firing on all cylinders and get hot going down into the stretch here, it gives us a really good opportunity to win a lot of the games."

Meanwhile, 19-year-old rookie Jacob Trouba got his name on a stall Wednesday as he got a chance to practise with the team for the first time.

"I've moved up from the chair, that's good," said Trouba, who signed only last week after he decided to leave college.

"I'll be back there tomorrow, I'm sure, when (Zach) Redmond gets back. It's part of being the young guy."

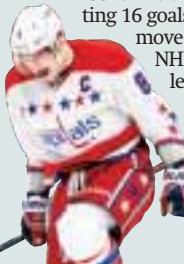
THE CANADIAN PRESS

Ovechkin's resurgence Just like old days in D.C.

It seemed like a risky move. A first-time NHL head coach was going to try to persuade a two-time league MVP to play a new position.

Alex Ovechkin looked like a stock gone bad considering the Capitals aren't paying him nearly \$10 million annually to be a decent player.

The 27-year-old Russian's game had become predict-

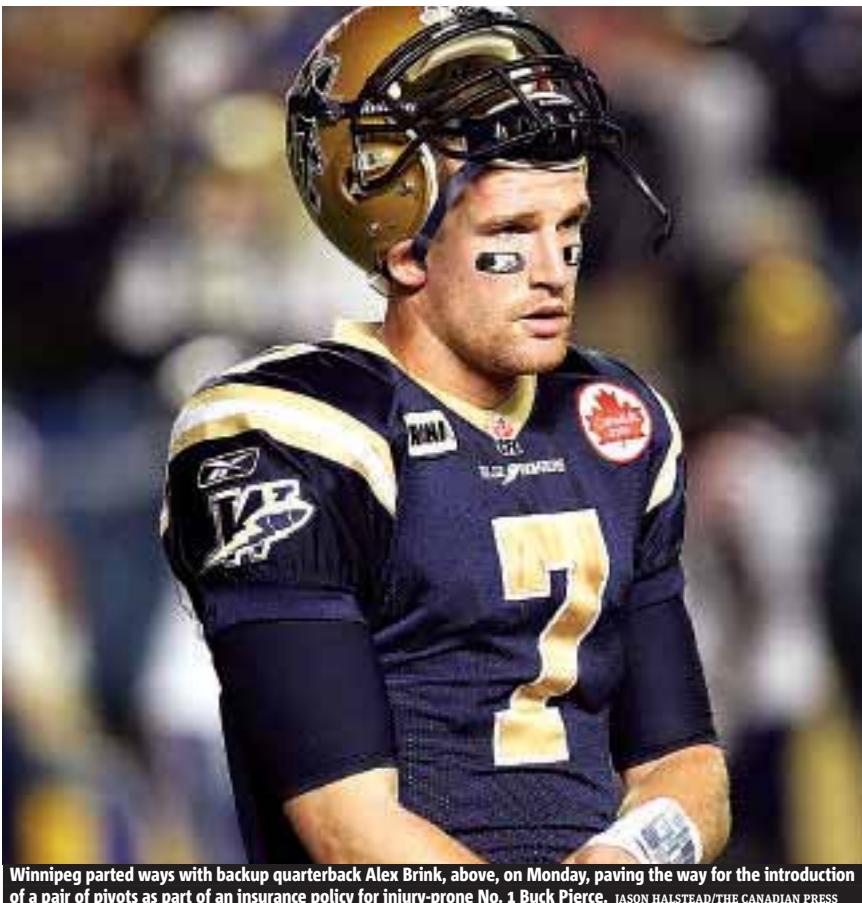


able and incomplete.

Enter Adam Oates, who moved Ovechkin from left to right wing and now has the Caps — and Ovechkin — surging. Washington sits first in the Southeast, and Ovechkin looks like the star of old, netting 16 goals in 14 games to move into a tie for the NHL's goal-scoring lead.

Is it like the old days? "It's same days," Ovechkin said with a smile. THE ASSOCIATED PRESS

4 SPORTS



Winnipeg parted ways with backup quarterback Alex Brink, above, on Monday, paving the way for the introduction of a pair of pivots as part of an insurance policy for injury-prone No. 1 Buck Pierce. JASON HALSTEAD/THE CANADIAN PRESS

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metro

Bombers sign new backups for Buck

CFL. Winnipeg adds QBs Max Hall, Chase Clement after releasing pivot Alex Brink

Buck Pierce will be the starting quarterback going into training camp for the Winnipeg Blue Bombers this season, but oft-injured pivot will have some new backup.

The Blue Bombers completed their quarterback makeover Monday, signing Max Hall and Chase Clement shortly after releasing Alex Brink.

"All of us feel like Buck gives us the best chance to win," Bombers coach Tim Burke said of Pierce.

But now Winnipeg has some protection if Pierce goes down. Burke said he views both Hall and Clement as potential starters, and the only backup retained from last season, Justin Goltz, could be the future of the franchise.

Burke said the Blue Bombers have been after Hall and Clement for some time, and the chance of becoming a starter was a lure to persuade both to make the trip.

"They know Buck's likelihood of injuries so they know there's a chance to step into that role," said Burke.

Despite his confidence they have what it takes, Burke conceded they might not be ready on day one.

"Obviously, they don't have a lot of CFL experience and there is a learning curve," he said.

Brink was the second of last year's backups to get cut after Winnipeg parted ways with Joey Elliott late last month.

Both Elliott and Brink got shots at starter last season behind Pierce and neither impressed Bomber brass as the team finished out of the playoffs.

When Pierce is healthy he can win. He played in 16 games in 2011 and took the team to

the Grey Cup in B.C., which they lost.

But in 2012 Pierce missed 11 games with a foot injury, concussion and finally a shoulder problem. **THE CANADIAN PRESS**

New to the 'Peg

A look at Winnipeg's two new quarterbacks:

- Max Hall:** Played three seasons with BYU and holds the Cougars' all-time record for QB wins with 32, had three starts with the NFL's Arizona Cardinals in 2010

- Chase Clement:** Spent four years at Rice and is the only QB in NCAA history to record at least 300 passing yards and 100 rushing yards in two consecutive games; 2010 UFL championship game MVP with Las Vegas.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	60	16	.789	—
New York	50	26	.658	10
Indiana	48	29	.623	12 1/2
Brooklyn	44	32	.579	16
Chicago	42	34	.553	18
Atlanta	42	36	.538	19
Boston	40	37	.519	20 1/2
Milwaukee	37	39	.487	23
Philadelphia	31	45	.408	29
Toronto	29	48	.377	31 1/2
Washington	29	48	.377	31 1/2
Detroit	26	52	.333	35
Cleveland	24	52	.316	36
Orlando	19	59	.244	42
Charlotte	18	59	.234	42 1/2
New Jersey	39	15	.14	7
Winnipeg	40	19	.0	92
Buffalo	39	16	.17	2
Philadelphia	38	17	.18	1
Carolina	38	16	.20	1
Tampa Bay	38	16	.20	0
Florida	39	13	.20	5

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	57	20	.740	—
Oklahoma City	56	21	.727	1
Denver	53	24	.688	4
L.A. Clippers	51	26	.662	6
Memphis	52	25	.675	5
Golden State	44	33	.571	13
Houston	43	34	.558	14
Utah	41	37	.526	16 1/2
L.A. Lakers	40	37	.519	17
Dallas	38	39	.494	19
Portland	33	44	.429	24
Minnesota	29	47	.382	27 1/2
New Orleans	27	50	.351	30
Sacramento	27	50	.351	30
Phoenix	23	54	.299	34

x – clinched playoff berth; z – clinched conference.

Tuesday's games

All Times Eastern

Cleveland at Indiana, 7 p.m.
Washington at New York, 7:30 p.m.
Milwaukee at Miami, 7:30 p.m.
Philadelphia at Brooklyn, 7:30 p.m.
Charlotte at Memphis, 8 p.m.
Toronto at Chicago, 8 p.m.
Phoenix at Houston, 8 p.m.
Oklahoma City at Utah, 9 p.m.
New Orleans at L.A. Lakers, 10:30 p.m.
Minnesota at Golden State, 10:30 p.m.

BASKETBALL

NCAA

NATIONAL CHAMPIONSHIP

Monday's result
Louisville vs. Michigan

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Pittsburgh	39	29	10	0	0	127	95	58
d-Montreal	38	25	8	3	2	120	91	55
d-Washington	39	20	17	2	0	117	110	42
Boston	38	25	9	2	2	108	81	54
Toronto	39	22	13	0	4	121	109	48
Ottawa	38	19	13	2	4	94	85	44
NY Rangers	39	19	16	0	4	96	94	42
NY Islanders	39	19	16	3	1	113	119	42
New Jersey	39	15	14	3	7	92	106	40
Winnipeg	40	19	0	2	98	120	40	
Buffalo	39	16	7	2	4	105	118	38
Philadelphia	38	17	18	1	2	106	118	37
Carolina	38	16	20	1	1	99	121	34
Tampa Bay	38	16	20	0	2	121	114	34
Florida	39	13	20	5	1	96	132	32

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Chicago	38	29	5	0	4	128	83	62
d-Anaheim	39	26	8	2	3	121	98	57
d-Vancouver	38	21	11	1	5	103	95	48
Los Angeles	39	22	13	1	3	114	96	48
San Jose	38	20	11	3	4	98	94	47
Minnesota	38	22	14	1	1	103	97	46
St. Louis	37	21	14	1	1	106	98	44
Detroit	39	19	15	3	2	99	101	43
Phoenix	38	17	15	2	4	105	104	40
Dallas	38	18	17	2	1	104	117	39
Edmonton	38	16	15	4	3	100	106	39
Columbus	39	16	16	3	4	91	104	39
Nashville	40	15	17	2	6	96	109	38
Calgary	37	13	20	1	3	99	133	30
Colorado	38	12	21	4	1	89	121	29

Monday's results

Boston 3 Baltimore 1
N.Y. Yankees 11 Cleveland 6
Kansas City 3 Minnesota 1
Tampa Bay at Texas
Houston at Seattle
TUESDAY'S GAMES — All Times Eastern
Toronto (Morrow 0-0) at Detroit (Sanchez 0-0), 1:05 p.m.
N.Y. Yankees (Pettitte 1-0) at Cleveland (Carrasco 0-0), 7:05 p.m.
Tampa Bay (Hernandez 0-1) at Texas (Tepesch 0-0), 8:05 p.m.
Minnesota (Pelfrey 1-0) at Kansas City (Guthrie 1-0), 8:10 p.m.
Oakland (Parker 0-1) at L.A. Angels (Wilson 0-0), 10:05 p.m.
Houston (Bedard 0-0) at Seattle (Maurer 0-1), 10:10 p.m.

NATIONAL LEAGUE
Monday's results
Milwaukee 7 Chicago Cubs 4
Cincinnati 13 St. Louis 4
N.Y. Mets 7 Philadelphia 2
Atlanta 2 Miami 0
Pittsburgh at Arizona
Colorado at San Francisco.

Horoscopes

♈ Aries

March 21 - April 20

Your mind is full of brilliant ideas. What are you going to do with them? Don't just let them sit there doing nothing. Good ideas are like fertilizer, they need to be spread around so they can help people grow.

♉ Taurus

April 21 - May 21

A new opportunity is about to come your way. Make sure you use it wisely. Yes, you will have to adapt to events that don't feel natural to you, but the effort will be worth it.

♊ Gemini

May 22 - June 21

Someone will try to get you to tone down your opinions a bit today — and you must have none of it. The world needs to hear what you have to say.

♋ Cancer

June 22 - July 23

You need to act tough today, even if you don't feel tough. Give employers and other important people an image of you that is strong and self-assured, even if that is far from what you actually feel.

♌ Leo

July 24 - Aug. 23

This is a wonderful time for you, a time of exciting adventures and encounters. You certainly won't have any reason to complain that you are bored over the next 24 hours. If anything, there will be too much going on.

♍ Virgo

Aug. 24 - Sept. 23

You have so many options that it may get a bit too confusing. What happens over the next two or three days will nudge you in the right direction. Any choice is a good choice.

♎ Libra

Sept. 24 - Oct. 23

From the look of your solar chart, it would appear that someone is hoping you will say or do something they don't have the guts to say or do themselves. You don't mind.

♏ Scorpio

Oct. 24 - Nov. 22

Don't stop to question why you are following a certain course of action. The fact that you have begun means you need to go all the way, regardless of whether your initial choice was right or wrong. Just do it.

♐ Sagittarius

Nov. 23 - Dec. 21

You are proud of your openness to new ideas but one idea you encounter today may be a bit too much for you. Does it make you feel uncomfortable that an unpleasant belief may be true?

♑ Capricorn

Dec. 22 - Jan. 20

It seems you have something to say that is likely to hurt the feelings of more sensitive sorts. Say it anyway because someone has to tell the truth.

♒ Aquarius

Jan. 21 - Feb. 19

Spend time with friends today because they can help you get past the negative thoughts you've been having of late. You've done so much for them that they will jump at the chance to repay your kindness.

♓ Pisces

Feb. 20 - March 20

What happens today will make it clear where you stand with certain people and why your association is unlikely to last. Not all relationships stand the test of time. Move on to better things. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Cable news channel
6. Cutting remark
10. Gladiator's 451
14. Standoffish
15. Wing-shaped
16. Iron, and others
17. 1994 gold medal figure skater, Oksana

18. Not wild
19. Kind of lily
20. Its slogan is 'Let's get moving.'
23. Belgium neighbour, for short
24. Anonymous surname
25. ____ corpus
28. Canadian show Tracy Moore hosts
33. Ms. Gardner
34. Money, informally
36. Top-____ washer
37. Court garbs
39. Hit the jackpot
40. Singer Ms. Braxton's
41. Classic record label
42. Livestock food
44. 'Select' suffix
45. Ancient strong guy
47. Mimer Mr. Marceau

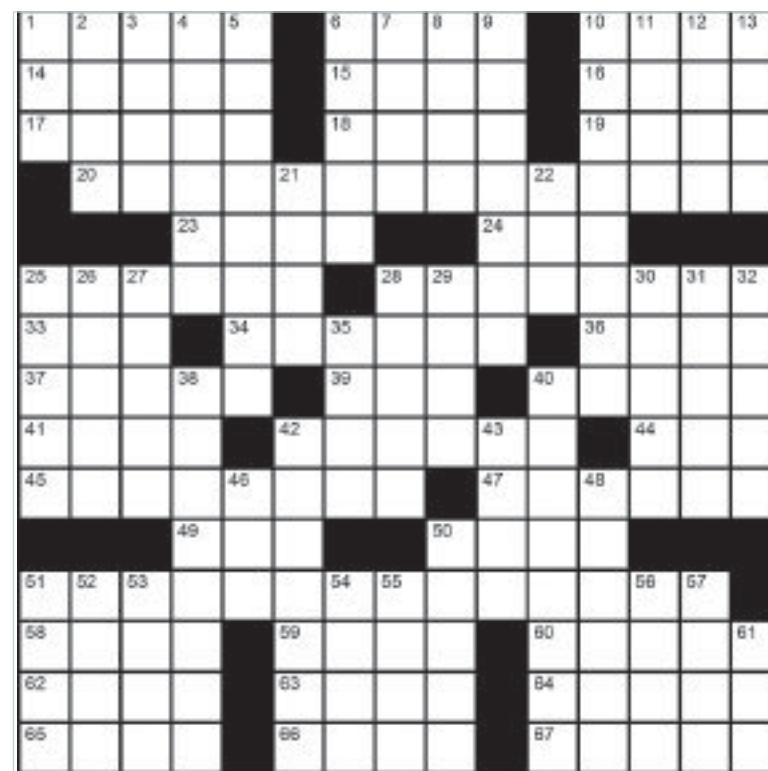
49. "____ questions?"
50. Flintstones pet
51. Canadian-invented board game: 2 wds.
58. Mystique
59. Hot
60. Becomes threadbare
62. Make a scarf
63. Above
64. "Stand By Me" by Ben ____
65. 'Fin' finisher
66. Longbow woods

Down

67. Was introduced to again, say
68. Scope
69. "The ____ Supremacy" (2004)
70. Ti-Cats, Stamps and Bombers: 2 wds.
71. Collection of stuff
72. "____ to please!"
73. Diana Krall's musician hubby, Elvis ____
74. Three: German
75. Toy building block
76. Glenn Frey's "The

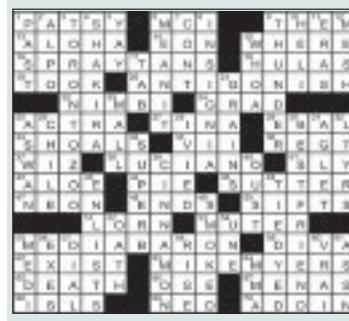
See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Heat ____: 2 wds.
21. "Don't make ____ complicated.": 2 wds.
22. Not forthright
25. Severe
26. "Let's take ____."
27. Jean de Brunhoff's elephant
28. Lummoxes
29. "... ____ my Anna-bell Lee..." - Edgar Allan Poe
30. Ancient Greece column style
31. Gullible
32. Car named after Henry Ford's son
35. "____ is me." (Sniff, sniff)
38. Dig up
40. Catch a connecting bus
42. "...only ____ / I don't know where my soul is..." - Nelly Furtado
43. Title in Turkey
46. Prefix to 'form' (Soldier's suit)
48. Mickey of movies
50. Garbage spots
51. Accept
52. Bits of vocal acrobatics
53. Van Gogh flower
54. Tardy
55. Ship's front
56. "____ to please!"
57. England's Newcastle-upon-
61. Beatles' Pepper, e.g.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	8	9	1	7	5	4	3	6
4	7	1	8	6	3	2	5	9
3	6	5	2	4	9	1	7	8
6	3	7	5	1	8	9	2	4
9	1	2	6	3	4	5	8	7
5	4	8	7	9	2	3	6	1
8	9	4	3	2	7	6	1	5
7	2	6	9	5	1	8	4	3
1	6	3	4	8	6	7	9	2

8	4	3	5	9	4	8
7						
3	8			4	6	
9						7
5	9			3	1	
						5
6			1	3	8	2
2	3	7				

Weather

TODAY



MAX: -3°
MIN: -20°

WEDNESDAY



MAX: -3°
MIN: -12°

THURSDAY



MAX: -1°
MIN: -3°

JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



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